Put water and white of egg in a glass fruit jar, cover with air-tight cap and rubber band; shake until thoroughly blended. Strain; serve plain or add lemon juice and sugar to taste.

Barley Water (Infants). One teaspoon Barley Flour. Two tablespoons Cold Water.

One pint Boiling Water.

Blend flour and cold water to a smooth paste in top of double boiler; add gradually the boiling water. Boil over direct heat five minutes, stirring constantly; then put over boiling water and cook 15 minutes longer, stirring frequently.

NOTE.—For children or adults use ½ tablespoon barley flour, 1 cup boiling water, ¼ teaspoon salt.

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